



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Start by doing what's necessary; then do what's possible;  
and suddenly you are doing the impossible." ~ Francis of Assisi*

## Caregiver Tip: End-of-Life Wishes

Caregivers have an important role when making life long decisions for their loved one with advanced dementia. The Alzheimer's Association offers the following tips to guide you through this process.

- Common Questions about End-of-Life Care suggests making decisions about end-of-life care early in the disease process so that your loved one can have a choice about their treatment and care.
- People with dementia may develop eating and swallowing problems. Common Questions related to Feeding Issues In Advanced Dementia provides information about feeding tubes and artificial nutrition.
- Advanced Directives ensure your loved ones wishes about medical treatment are followed if they are unable to speak for themselves. The Division of Aging and Adult Services provides Five Wishes to help you and your loved one document these important health care decisions. Call 703.746.5999 to request a free copy.

**Caregiver Support Group**  
**Wednesday,**  
**April 4, 2018**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

## Resources:

**New Medicare Cards:** Beginning this month through June 2018, the Social Security Administration will be removing Social Security numbers from Medicare cards and issuing beneficiaries a new card with an unique number. You do not have to call Medicare for the new card and there is no charge. Having a card without social security numbers will reduce fraud but always keep your personal information private. If your address has changed call Social Security at 1.800.772.1213.

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For questions, comments or to remove your name from our mailing list, please email  
DAAS@alexandriava.gov or call 703.746.5999.



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